

The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for Nov and Dec, shine the spotlight on Sally Barnden and find out what's happening over summer...

Read on for the latest STiNGERS news...



Mid Summer round up...

Pam's Pen

I will start from when our last newsletter left us — October. This was the start of the open water swim season for 2016/2017. Steve Povee and Richard George were our first members to break the ice. Steve competed in Collie and Richard competed in the Blackwood Marathon. A week later, they were followed by Brian Hall, Brett de Bruyn and Tracy Van Uden who tackled the first ocean swim of the season in Busselton. Congratulations goes to Tracy who did this swim as her first ever open water swim. Tracy was checking if she would be able to manage the Busselton Jetty swim. Tracy now has no doubts whatsoever about accomplishing this challenge as not only did she complete the course comfortably, but she actually won a medal in the Women's Super-vets section. Well-done Tracy!

I hope everyone has been studying their open water calendar and are selecting swims they would like to compete in. Share your thoughts with other members because there might be others who would like to participate in that swim also. It is fun if you get a group to compete together.

I'm going to take this opportunity to do the old timely reminder of the rule, 'Slip, Slop, and Slap'. As we are going to be out in the sun attempting these swims please make sure you have prepared by protecting your skin by either creaming or covering yourselves. You might think you don't need to but it is later on in life that it will come back and bite you! If you doubt this come and see me and I can give or show you a few real life stories — it is not something you would enjoy going thru. I have been absent from training again for some time because I have had another full thickness skin graft after removal of some more skin cancer, so just a word of warning — it is better to be prepared as prevention is way easier than the treatments you have to undertake.

UPCOMING EVENTS

- Mon 26 Dec** Boxing Day Swim - 9am
Back Beach
- Sat 31 Dec** NYE Sunset Social – 5pm
social Meet at the carpark near the Ocean Star BYO drinks and nibbles
- Sun 1 Jan** New Years Day Swim - 9am
Back Beach
- Next meeting** AGM Tue 17 Jan @ 6.30pm
Bunbury Swimming Club Rooms SWSC
- Next social** Tue 17 Jan after the AGM
Please bring a plate to share for supper



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Like us on Facebook: www.facebook.com/bunburymastersswimmingclub

About the end of November, a large group of Stingers had a training session at 'Steve's Pool' up in Collie. Those members now appreciate how dedicated Steve is to travel all the way down, then up that hill twice a week and still arrive in time for training. And also to bake a batch of ginger nut biscuits for us all to share with him after training. Well-done Steve.

After a really hard session at Collie, we finished off with a few different ways to do a cool down. When we had all finished in the water and had prettied ourselves up, we toddled down the road to the Federal Hotel for a great lunch and a few stories. It was a great day and the group are very keen to do it again. Read on in the newsletter to get a member's view on the day.

What extraordinary newsletters our club members have the pleasure of receiving every other month. I know we are always eagerly waiting for the next one to be hot off the press so we can then see what we have accomplished over time and what we have to look forward to. Erica Eiffler has done a magnificent job, gathering all the reports, stories, photos and important news for our enjoyment. Erica has been doing this for our club over the last five years but sadly is unable to continue after 2016, so this newsletter will be the last edition with Erica as the editor. I would like to congratulate you Erica on the brilliant job you have done. We are hoping another club member will volunteer to carry the torch for Erica next year.

Now we move into December — a busy time for us all. As usual, we will take a short break from squad training over the Christmas Holidays, however do check with your training partners because although there is no organised training we don't all stop swimming and do carry on with social swims. Also check with the centre for opening times over the festive season.

Our first training session for 2017 will be Monday 9th January at 10am hope to see you there.

Happy Holidays, Merry Christmas and
Happy New Year to you all from Pam & Brian.

Pam's Pen
Dec 2016



Open Water Swimming

The OWS season is now underway and we have been well represented by members.

Swimming WA Round 4 – Sun 13 Nov

Three Stingers entered Swimming WA's Round 4 OWS at Busselton on Sunday 13th November. Official results:

Tracey Van Uden	1.25km	25.45.1	1 st place in 50+
Brian Hall	1.25km	32.47.8	6 th in 50+
Brett De Bruyn	5km	1:19.18.5	7 th in 18-34 years

Fremantle Ports Swim Thru – Sat 10 Dec

The Fremantle Ports Swim Thru incorporating the Livelighter MSWA 2.5km Open Water Championship was held on Saturday 10th December. The total number of competitors for the day was 394, with four different events: 500m, 1.25km, 2.5km and the 5km. Two Stingers represented our club and congratulations to Ron on taking the state title! Official times:

Ron Edwards	2.5km	57.26.4	1 st in 80-84 years
Bill McGuigan	1.25km	34.11.5	3 rd in 70-74 years



L-R: Bill and Ron at the Freo Ports Swim Thru

There are 2 Swimming WA OWS events coming up locally in January which provide a terrific opportunity to try an open water swim:

- Saturday 14th January in the Harvey Dam, and
- Saturday 21st January at Bunbury Back Beach.

Why not give them a go? You can choose to swim 500m, 1.25km, 2.5km or 5km. See the Swimming WA website for entry details.

Vorgee Endurance 1000

2016 has been a bumper year for Endurance swimming with just over 200 swims having been recorded — 100 more than last year. Thirty club members have participated and completed at least one swim. It's been very gratifying to see members accepting the challenge of the longer distances. Congratulations all round. Special thanks must go to Brian Hall for his support and to everyone who helped with timing.

The two Vorgee Endurance 1000 Awards for 2016 were awarded to Liz Common for the Most Swims and to Julie O'Connor for the Most Points. Well done Liz and Julie!

The first Endurance session for 2017 will be Friday 13th January at 2.30 pm.

Elspeth Binckes
Endurance Officer



Elspeth with Vorgee Endurance 1000 winners: Liz (above) and Julie (below).



Stingers Christmas Wind Ups

Stinger members and their families enjoyed our annual Xmas lunch windup at the Parade Hotel on Sunday 18th December where a number of awards were presented including the Vorgee Endurance 1000 awards, as well as Pam's Encouragement Trophy, which was awarded to Barry Bastow.



Stingers enjoying an early Xmas lunch (above) and Pam presenting her Encouragement Award to Barry (below).



Stingers also enjoyed an Xmas Morning Tea after our final training session for the season on Wed 21 Dec, where we thanked Pam for her amazing contribution as super coach, support, mentor and friend to us all over the last 5 years. Thank you Pam, we look forward to another great year of Pam-infused fitness, friendship and fun!

Thank
you!

Social Stingers

Stingers Make a Splash in Collie

What better way to spend the last Saturday of Spring than driving over the rolling hills to Collie for a splash in the pool. A keen group of Stingers did just that, thanks to an invite from Steve and some organisation by Pam.

It was a perfect day – sunny and warm – and we were all impressed by the upgraded pool, with a fabulous kids' play pool (which Georgina and I wanted to play in) and the main pool heated and retiled, including great ramp access at the shallow end.

After a training session, enjoying the novelty of the outdoor pool, it was time for some fun. Pam lead us through a very serious workout using pool noodles. Apparently they were not for sword fights or blowing water at each other. Instead we did a version of tug-o-war which some people found harder when their partners discovered the benefits of holding onto a lane rope.

We also did some contortions involving using the noodle as a skipping rope, seat and more. Finally, Pam produced two balloons and we played the pool version of under-over (like tunnel ball) involving the balloon having to be passed backwards either over our shoulders or underneath our body – which is, I can vouch, not easy.

Out of the pool, we successfully navigated the complexities of the showers – with timers – and then adjourned to the Federal Hotel for a delicious counter lunch and a few soft drinks.

Thanks to Steve for inviting us, and to Pam for coordinating the pool shenanigans.

Sally Murphy



The refurbished Collie Pool. Source: www.colliemail.com.au

And for our next social event....

**Tue 17 Jan 17 ☺ after the AGM
Bunbury Swimming Club Rooms**

Share a cuppa after our AGM

Our next social event will be a light supper following our AGM. Please bring a plate to share.

As usual, we will also have our informal NYE Sunset celebration at the car park near the Ocean Star retirement home. Meet at 5pm and BYO drinks and nibbles.

We look forward to seeing you there!
Social Committee

**Perfect tech
gifts for
swimmers...
just in time for
your Xmas
wish list**

1. **Apple Watch Series 2** (\$529 AUD): yes its waterproof and when used with Swim.com app it will calculate your distance, detect whether you are swimming or resting, tell you your splits, stroke count, stroke rate, heart rate and just about everything else!
2. **TritonWear** for the stat-happy coach (price varies): this set up tracks everything from time spent under water to stroke rate to turn time. And its all visible right on the coach's iPad on the pool deck! All done wirelessly of course. ☺
3. **Finis Duo** for the warm-up rock-out (from \$112 AUD): this little MP3 player uses bone conduction technology to produce music with crystal clear clarity in and out of the water and with nothing to stick in your ear canals! It plugs into your computer like a thumb drive, then just drag your warm up playlist over and you are ready to go.

Source: www.swimswam.com

From the Committee

Membership Portal Now Open

Club memberships have now opened for 2017 and are due by 31 December. Just go to this website:

<https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>

and click on the Re-Register button. You will need your Masters login details to proceed.

Twelve month memberships are only \$100 this year (\$24 goes to us) and are \$20 less than last year due to the success of the Skins event and the Postal swim.

Please also note that our AGM is scheduled for 17 Jan and only financial members are able to vote, so please ensure that you re-register with plenty of time before the AGM.

Training Xmas Break & Morning Tea

Our regular Mon and Wed training sessions finished on Wed 21st Dec and will start again on Mon 9th Jan.

Endurance swims will start Friday 13th Jan.

Ocean swims over Xmas & NYE

We will hold a few ocean swims over the break so take note of these dates:

Mon 26 Dec – Boxing Day Swim at Back Beach @ 9am

Sun 1 Jan – New Year's Day Swim at Back Beach @ 9am

And as usual, we will also hold our informal NYE Sunset get-together at the car park near the Ocean Star retirement home on NYE meeting at 5pm. BYO nibbles, drinks and comfy chair for some sunset viewing.....

FOOD FACT

"ZINC is involved in over 300 processes in the body including regulating appetite. Its in lots of nuts, including almonds, pecans and Brazil nuts."

Michelle Bridges

Three Ingredient Christmas Fruit Cake

This is the easiest and tastiest fruit cake ever....and if chocolate isn't your thing, you can substitute it for iced coffee, cold tea, cold milky coffee.....ho ho ho!



Ingredients:

- 1kg mixed fruit
- 600ml chocolate milk
- 2 ½ cups SR flour

1. Soak fruit in milk overnight in the fridge.
2. The next day, fold in the flour and pour mixture into a cake or loaf tin.
3. Bake for approx. one hour 150-160dc. *Enjoy!*

AGM – Tue 17 Jan 2017

The AGM of the Bunbury Masters Swimming Club will be held on Tue 17 Jan @ 6.30pm at the Bunbury Swimming Club rooms.

All positions will be vacated and financial members are encouraged to nominate to fill these positions:

- President
- Vice-President
- Secretary
- Treasurer
- Club Captain
- Aerobic Captain
- Recorder
- Publicity Officer/Newsletter Editor
- Program Director/Head Coach
- Social Secretary
- Safety Officer

Several of our long standing committee members have indicated that they wont be nominating for 2017, including our President Geoff, Secretary Richard, Newsletter Editor Erica and Committee member Tanya, so please consider if you have the time and are willing to nominate for any of these or any other positions. We are fortunate to have a very healthy and diverse club membership and we encourage any new or old members to take on an Executive role or to join the ranks of our committee.

Geoff and Richard have summarised the main duties of their respective roles as follows:

President:

- be a figurehead for the club at public functions
- chair the club meetings, and
- oversee and support the club activities.

Secretary:

- be the contact point of the club via email and phone
- monitor the club email account and forward emails to the relevant club person
- forward club emails and MSAW emails to all club members
- check the club PO Box for the occasional letter
- prepare the agenda for the monthly committee meetings, and
- write the committee meeting minutes and distribute them to members.

Please contact our Treasurer, Brian Hall, if you would like further information about the vacancies or to view the Constitution.

We look forward to seeing you all there.
Committee

PS – don't forget to re-register so that you can vote!

Editor's Farewell

This will be my last newsletter as editor and I would like to thank all of our Club members who have supported me during my five years as *Stingers News* editor. Highlights of my time as editor include the introduction of a new format, colour, recipes, quotes, training advice, jokes and our favourite segment – the Stinger in the Spotlight!

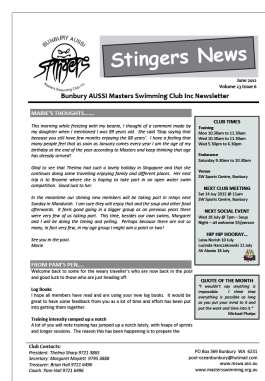
Special thanks to our regular contributors — Pam, Bill, Kerry, Elspeth, Julie, Margaret, Noel, Catherine, Richard, Tanya....apologies to anyone I've missed — who over the years have happily shared their articles, photos, and funny stories...and without whom I would have nothing to report!

It has been my pleasure to report on a Club that we all love and enjoy, and I am confident that the *Stingers News* will continue on with renewed energy to keep us all happily informed and in the loop.

As for me, I intend to keep up with my swimming but will turn my keyboard focus back to my studies in graphic design, my little resume writing business (resumewise.com.au – yes look me up! ☺) and casual work as it comes my way.

Happy holidays everyone and see you in the water!

Erica Eiffler
Newsletter Editor



Stingers News March 2012



Stingers News Dec 2016

Upcoming events

Grab your pencils and calendars... there are oodles of exciting events coming up....

2016/17 LiveLighter OWS Calendar

For the full season calendar check out www.mswa.asn.au:

LiveLighter OWS Round 3

WHAT: **2017 Swim Thru Perth – 5km, 2.5km, 1.25km, 250m**

WHEN: **Sun 22 Jan**

WHERE: **Perth, hosted by Claremont Masters**

See the attached event flyer for more info.

LiveLighter OWS Round 4

WHAT: **Aust Day Swim – 4km, 2km, 1km**

Mandurah Masters

WHEN: **Thur 26 Jan**

WHERE: **Mandurah**

FEE: www.mandurahmannas.org.au

MSWA Calendar

Please visit www.mswa.asn.au for details about upcoming pool and OWS events.

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at

www.mswa.asn.au

Swimming WA Calendar

Please visit

www.openwaterswimming.com.au

for details about upcoming events and to register.

Swimming WA

Upcoming Swimming WA series, for further info visit their website: www.openwaterswimming.com.au

- Mon 2 Jan – Albany @ 8am – 500m, 1.25km, 2.5km and 5km
- Sat 14 January – Harvey Dam @ 2pm – 500m, 1.25km, 2.5km and 5km
- Sat 21 January – Bunbury Back Beach @ 10am – 500m, 1.25km, 2.5km and 5km
- Thur 26 January – Sorrento @ 8am – 500m, 1.25km, 2.5km, 5km and 10km
- Sun 5 February – Rockingham @ 10am – 500m, 1.25km, 2.5km 5km and teams
- Sun 19 February – Shorehaven Alkimos @ 8am – 500m, 1.25km, 2.5km and 5km
- Mon 6 March – Fremantle @ 8am – 500m, 1.25km, 2.5km and 5km
- Sat 18 March – Suburbs to City (South Perth to Elizabeth Quay) @ 9am – 1.3km

And of course....Busso Jetty Swim – Sun 12 Feb 2017

Oh wow its only just around the corner and we have all ramped up our training to suit. If you aren't swimming do still come along and join us on the shore (most likely in our usual shady spot under the giant trees) to cheer our Stingers on! We have several soloists and at least one quad team so make a fun morning of it and we'll see you there! Best of luck to every one participating, it is always a highlight of our open water season.

Australia's Oldest Open Water Swim



Coordinated by Claremont Masters Swimming Club, generously sponsored by Pure Leasing Central
and proudly supporting the WA Disabled Sports Association



#swimthruperth

Sunday 22 January 2017

UWA Watersports and Leadership Centre, Matilda Bay Cnr Hackett Dr and Mounts Bay Rd

NEW race distances - 5km or 2.5km or 1.25km + 250m "Try-It"

ENTRY FEES	5km - \$40	2.5km - \$35	1.25km - \$35	250m "Try-It" - \$10
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LATE ENTRIES on race day - \$50 (5km, 2.5km, 1.25km) + \$15 (250m)

Late entries are eligible for prizes.

Enter online only at www.swimthruperth.org

Entries close 11.59pm Thursday 19 January 2017

All competitors must register at the UWA Watersports and Leadership Centre prior to the event,
between 7.30-8.30am on race day (250m registrations close 8.00am).

Events commence: 250m "Try-It" - 8.15am, all other distances from 8.45am.



Thank You To Our Sponsors



SPORT



THIS EVENT IS PART OF THE
2016/17 LIVELIGHTER MASTERS
OPEN WATER SWIM SERIES



Department of
Parks and Wildlife



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Stinger in the Spotlight

Introducing...Sally Barnden

What got you started in swimming?

I grew up in Geraldton or more precisely Chapman Valley where to swim or not to swim was not an option. It was so hot you'd be mad not to. Our first family pool was a cut down zinalume rainwater tank about 2m across. I think soon after I came along we upgraded to a circular above ground pool. It had thin steel walls and a plastic lining and was probably 6 or 7m across. We would have a fabulous time making whirlpools and getting pulled along by the current. Finally we went to the below ground fiberglass pool when I was around 12. This pool still remains on our family farm in Chapman Valley and gets a lot of use during the hot months. I remember when I was in training for the school swimming carnivals I would get up and do 100 laps before heading off on the bus. It seemed like a lot at the time but it was only a 10m pool so with pushing from either end you really had very little actual swimming to do in the middle! From there the swimming has continued on and off over the years and I have met some fabulous folk and had some great experiences along the way!



How long have you been a member? *I have been a member of this club for only 6 months or so but back before children was with the Somerset Aussie Masters for a little while.*

Where do you like to swim? *I love swimming in the ocean when the conditions are good. When a friend and I were sharing a unit together in Perth we would often ride to City Beach in the mornings for a dip and body surf. It was so nice being in the water and catching the waves – there is something about the sea that is so good for the soul or maybe it was about being young and carefree?? Nowadays I find it a lot harder to get in the water as I hate the cold but when I do I always come out wondering "Why don't I do that more often?"*

Favourite stroke? *This has always been breaststroke but recently I'm wavering toward freestyle!*

Most memorable swimming moment? *I have a few memorable swimming related events that come to mind. The first was unintentionally rescuing my brother*

when he did a somersault into the pool, hit his head and was floating face down in the pool. We had just been mucking around doing rescues and practicing towing each other in so, unaware of what had preceded his face down float, I simply thought we were doing a bit more practice. It was only when I got him to the steps and he did not respond that I realised there was a little problem! Another memorable moment was doing the Greens Pool Mile at about 34 weeks pregnant and getting slightly hypothermic. I look back now and think "Oops, what was I thinking – that wasn't very responsible!"

Favourite movie/book/music? *Braveheart, Mamma Mia, Book Thief, Simon & Garfunkle, Sara Storer, Kate Rusby, country music, folk music, most music except classical and opera and heavy rock!*

How do you spend your day when you aren't swimming? *My days disappear swiftly, firstly chasing kids around trying to get to the bus on time, followed by working either in our own business (sale and supply of sheds of all things!) or at my part time admin job. Once 3 o'clock comes around its back to the kid thing! Despite Steve's insistence that after swimming I go home to do housework (dobbled in sexist Steve!!) very little of this occurs in my day – just enough to maintain some level of self respect!*

One thing about you that might surprise others? *When I lived in England I was part of a Tug-o-War team that competed in a few National comps – strange sport that one!*

Favourite sports team: *My kids teams – followed by the Wildcats.*

One thing that you could not go a day without? *Sadly this would have to be my backrest. I panic when I get in the car and my husband or kids have moved it!!*

Wise advice to others starting out in swimming? *Keep your chin tucked in and hopefully the rest will follow!*

Many thanks to Sally for participating in our Stinger in the Spotlight segment.

And now for some festive fun.....

An Aussie Xmas Carol Medley

A fun and festive medley of traditional Christmas carols but with an Aussie twist...as performed by the Adam Road Primary School Choir at this year's Bunbury Carols by Candlelight last weekend (yes my kids were in it!! Ed. ©). The lyrics have been changed to suit our summery Xmas so please enjoy and sing along...

(sung to the tune of Winter Wonderland)

Sleigh bells ring, are you listening?
In the shade, we're all mingling
The sun is so bright, we're feeling alright
Living in the Southern Hemisphere.

Winter seems a long time ago now
The sun is out to make our skin glow
Summer holiday, we shout 'hooray'
Living in the Southern Hemisphere.

Thank you Santa for my brand new surfboard
We're off to the beach to try it out
Slip, slop, slap, with our hats and sunscreen
Bare feet on the hot sand, ouch ouch!

We won't be in the sun for too long
Before we dream of the aircon
Dad loves a cool beer
For good Christmas cheer
Living in the Southern Hemisphere.

(sung to the tune of Deck the Halls)

Deck the sheds with bits of wattle, fa la la la la, la la la la
Whack some gum leaves in a bottle, fa la la la la, la la la la
All the shops are open Sundays, fa la la, la la la, la la la
Buy your dad some socks and undies, fa la la la la, la la la la.

Deck the sheds with bits of gum tree, fa la la la la, la la la la
Hang the decos off the plum tree, fa la la la la, la la la la
Plant some kisses on the missus, fa la la, la la la, la la la
Have a ripper Aussie Christmas, fa la la la la, la la la la.

Rally round the kitchen table, fa la la la la, la la la la
Fill your belly til your able, fa la la la la, la la la la
Joyce and Joanie, Dave and Daryl, fa la la, la la la, la la la
Sing an Aussie Christmas Carol, fa la la la la, la la la la.



(sung to the tune of Jingle Bells)

Dashing through the bush
In a rusty Holden Ute
Kicking up the dust
Esky in the boot.
Kelpie by my side
Singing Christmas Songs
It's summer time and I am in
My singlet, shorts and thongs.

Engine's getting hot
Dodge the kangaroos
Swagman climbs aboard
He is welcome too.
The family are there
Sitting by the pool
Christmas day, the Aussie way
By the barbecue!

Oh jingle bells, jingle bells, jingle all the way
Christmas in Australia, on a scorching summer's day, hey!
Jingle bells, jingle bells, Christmas time is beaut
Oh what fun it is to ride in a rusty Holden Ute!

Published with the permission of the Adam Road Primary School Choir Director.

...and a Happy New Year!!!!



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Thanks to all contributors

As always, many thanks to all contributors to our newsletter. Best of luck to the new Editor and I looking forward to contributing a recipe or two in future editions..... ☺

Til next time
See you in the water! Ed.